

The Path – VII

T101 The Inner Teachings 17th January 1940 Pembroke Hall, London

Invocation:

In the hush, in the silence of the spirit, we would hold communion with the Great White Spirit, Father–Mother God. We aspire to those realms of light and truth and we call upon the great ones, the angels of God. In true faith we know that a blessing from these realms of light will fall upon us. So may it be. We think in love of all who suffer throughout the world, and pray that we may be inspired to greater service to help and uplift these, our brethren.

Amen.

We come this night with special love and welcome. We cannot find words to express our great joy, but you must surely feel the beauty here in our midst. Often we have told you that this little chapel is guarded by day and by night by angels, healing angels and teaching angels, angels who bring comfort and light to every soul who seeks. In this accumulation of love we all bathe during these special nights of communion and teaching.

We will continue the series commenced last spring: the series on ‘The Path of Spiritual Unfoldment’. In past talks we dealt more with the simple facts of spiritual experience, and many points we hope were made clear regarding the way of spiritual illumination, the path which all must tread leading to initiation. Those absent from earlier lectures and who have not read them, we hope will be able to pick up the threads sufficiently to follow what we say tonight.

All around us whilst we live in a physical body are worlds unknown, seas uncharted. It is good when children can be acquainted with these invisible worlds, so that they may adjust their bodies, souls and spirits to the influence of the finer ethers of the worlds of spirit from which every soul has journeyed before birth into flesh, and to which every soul is now journeying on the return journey to the true home of the spirit. Only when the soul begins to understand the forces which play around it from these higher realms of life, does the expansion of spiritual consciousness commence. When once this light has dawned upon a young soul the advance upon the path is fairly rapid, according to our spiritual understanding of time.

In the earthly body time is a master and an unpleasant one, but only as far as *you* are concerned. Time is a great teacher and may be you are learning [the] wisdom of Father Time even now. Saturn, sometimes portrayed as Father Time, is strict with his pupils and permits no hustle; allows no hurried lessons and hasty sums and superficial essays. He insists upon due time being given to every lesson, and time is one of the most irksome forms of discipline the body has to endure. Nevertheless, Saturn brings to every soul the true wealth. Remember the beneficence of Saturn and do not dwell upon the malefic influence, because you have much to thank Saturn for at present. True, the Saturnine influence makes you feel a little cold, but cold and chill is holding up and delaying the hot-headed people who would rush forward. Saturn says ‘Wait, lessons are being learnt’.. Those who would hurry through this unpleasantness must remember that they attempt to put aside a venerable, gracious and wise teacher. We have told you all this before, but there is no harm in repetition. Have patience: one of the important lessons to be learnt on the path of spiritual development. Blessed are the

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children born to be cared for by advanced egos, or at least parents acquainted with the truths of the spiritual life, and able to give them due importance in the child's mind, because when the child grows naturally in the ways of the spirit it will absorb more easily the ideas of concentration, thought-power and purification of the physical body; it will aspire towards the Great White Spirit and all-enfolding Love.

On the path of spiritual unfoldment we must recognise three distinct paths running parallel, yet which also overlap each other. First comes the training and preparation of the physical body, next the training and preparation of the soul, and lastly the training and the discipline and awakening of the spirit. Once [having] arrived at that point on the path where initiation begins, we shall find tests in preparation for this initiation on each one of these planes, body, soul and spirit. We always advise moderation and gentle development, but there are certain truths necessary for us to recognise in our training for initiation.

The elements composing the body must be rarefied, purified, if the soul and the spirit are to be quickened to receive impression and inspiration from their true home. If the body is coarsened by the gratification of animal desires, such coarseness must form a barrier, preventing the expansion of the soul and the illumination of the mind by the spirit. We do not lay too much emphasis upon the feeding of the physical body; all forms of self-indulgence are bad—for if looked at rightly it is self-indulgence to think too much about good—but at least the attitude of mind towards food should be that of thankfulness for the blessing of pure food, and the body should not indulge in impure nor coarse food. Common sense must be brought to bear. Never force the body to abstain from food necessary for some particular job in hand. For instance, many men* are compelled to live a life of hardship and work very hard physically. Such bodies need different food from the man who is able to surround himself with finer vibrations in everyday life. If life be hard and rough it is given for a purpose, and means that there are lessons to be learnt through such a condition. The man aspiring on the path accepts that condition, recognising it as necessary for his development.

*[*For editorial policy around gender, see the introduction.]*

On the other hand, we must remember that the physical body is the temple which houses the Holy Spirit, therefore it should be kept as clean and pure as possible. If you wish to indulge in coarse eating and coarse living, if you outrage good taste, you will coarsen your physical body. If thus coarsened the body makes it impossible for the spirit to contact rare and beautiful experiences in the heaven world. Once the body becomes laden with indigestible and wrong food, or clogged with starch and made heavy, it cannot function without disease, neither can the mind and spirit become active in the life. We see then that it is really necessary for the aspirant on the path to eat pure food as far as possible. Fruit and vegetables and milk, fruit juices and all such beautiful gifts of the earth are good, but we think that so long as the body desires flesh then the body is still needing flesh. We are therefore careful never to insist upon a meatless diet for everyone—it is a matter for the individual, but it is fact that the purer the food which is eaten, the finer the vibrations of the physical body and the more easily will come expansion of the spiritual consciousness.

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On the soul vibration we meet with perhaps the first and greatest test, that of dispassion. The soul is by nature emotional and easily becomes indignant, upset and hurt by trifling things. To become dispassionate, we think, is one of the most important lessons, a statement which bears repetition. The soul must learn to keep its equilibrium and not get unduly upset. Do not fly into a rage because something does not please you or because someone has hurt you; do not give way to depression, but endeavour to attain and maintain an even and still vibration. Many other subtle lessons come to test and try would-be aspirants on the path. We are tested for fear. We are also tested for discrimination, and so many of us fall on that stile. We cannot discriminate between the false and the true. We cannot discriminate between good and evil. We do not even understand what good and evil are, but these lessons have to be learned. If a soul comes up against a certain experience which it would do anything to escape from or alter, and if the lesson proves very hard to bear, then go through with a patient and steady spirit, knowing that it is perhaps karma which has to be endured. Remember also that you are paying off a past debt, and more than this, you are being given an opportunity to learn the lesson of dispassion. However difficult that human experience may prove, it will be worthwhile.

One other point of the utmost importance on the spiritual path is that of spiritual arrogance. How often did the Master Jesus stress that lesson throughout his ministry, again and again laying bare the hypocrisy of the Pharisee*! This same lesson is one bound to confront every soul and it comes in many subtle forms. The soul setting forth upon the path of spiritual aspiration can make such progress that it becomes inflated with its own spiritual grandeur and power. The man commencing with a pure desire to serve humanity, after advancing to a certain extent along the path, begins to feel that he is a fine fellow and doing a magnificent work. Mind you, this kind of thing is helped on by others who pour adulation upon him and say 'how wonderful you are!' Oh, my beloved, if only you could realise what harm is done by adulation and glorification of the personal self. It is not love that you pour forth—far from it: it can prove as a poison to one whom you love and would serve. The recipient of unwise praise begins to think 'Yes I do sacrifice a lot' and so forth. Then comes the test: that soul has to face an unexpected test of its spiritual reality and truth and its spiritual humility. Very often he fails. Only if the soul has striven with all its might to follow in the footsteps of Christ; only if the spirit of that man or woman has endeavoured to truly absorb the gentle humility of the Christ, can it never lose itself in self-glorification, for then it knows that it is neither great nor wonderful, that of itself it could not heal, teach, nor give comfort; it knows that any good flowing through it is of Christ, is of God. The test, dear ones, is that of the Christ Spirit, and if you can truly feel that the gentle humble spirit of the son of God is walking by your side, your hand in his, you could not fail.

*[*Matthew Ch. 23]*

One more point of great value: it is the training on the three paths through meditation. Do not overdo, but do not neglect, the daily meditation. If you can only set aside ten minutes in the morning and at night, or even less, try never to fail in this daily contact with the eternal source of light and truth, because this daily meditation is a training for the body in

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self-control, making it do that which your spirit desires and not letting it have its own way. It also gives training in control of the soul and mind, and training in the directing power of the spirit. Later on when initiation comes there will be powers bestowed upon the aspirant—powers on the physical plane, giving strength and endurance, powers given to the soul and the mind, and great illumination and power to the spirit.

This is why it is very important for children to be instructed in spirit knowledge, so that they may learn at an early age to control temper, to treat animals kindly, to have love and tenderness for their child companions and to learn how to tend and grow flowers, because knowledge comes in due course which will give the man greater power to help nature and the animal kingdoms, to commune with the angelic. The soul may learn from the angels some of the secrets of nature, the secret of the wind currents and of the heavenly constellations and the influence they bear upon life on earth. To attain mastership means that the spirit of the man must be a master, must control the lower planes of life—master of the physical body and of the emotional and mental. It must attain complete power and direction over the lower vehicles as a captain commands his ship; so must the master hold supreme control over his body and soul.

When a measure of control has been earned—and man is never overlooked when ready for initiation into the great Light—when these earthly tests have been safely passed, the time always comes for man to be summoned into the great Hall of Initiation. The soul is led by the guide through many intricate ways, many dark passages, which is what you are going through now in your earth life; you do not know whither your road leads, nor when you will turn the corner, nor what you will find round it. Human life is really a passage through which the being, man, is being led by the guide, not only in one incarnation but through many, possibly. At long last man comes into some gracious and beautiful place and is led up to the blazing altar of light, so strong that it may be that the eyes must be veiled, but at the end of the great ceremony the eyes are no longer blindfolded and behold the blazing star, the star of six points, six outer points but with one central point, seven points in all. This seven-pointed star corresponds to the seven great rays of life, the seven rays which come from the seven angels round the throne of God. Through a long, long journey man has been also learning, training, gaining power to send forth the light from every one of the seven sacred centres in his own body, and to draw upon the seven sacred planetary forces which work through the signs of the zodiac. Perfected man not only *sees* that blazing star at his initiation, but realises that he *is* himself that star.

We have talked long and yet have not been able to touch upon all the points we wished; we will continue this subject at our next talk, and we hope that you will send in questions to give us an opportunity of dealing with matters which you need answered and solved.

Benediction:

May we raise our consciousness to the hilltops, to the quiet, peaceful night lit with stars, canopied by the gentle music of the pines, and lulled by the distant waves of the sea, far above the noise and clamour of the world. And there God speaks to our waiting hearts. ‘Good

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shall prevail; eternal good prevaieth and my children will be brought safely home.’ And so we bow our heads to thank our Father–Mother God for our creation into this beautiful life, for the wondrous love which brings that beauty to our hearts. O Father–Mother God, we thank Thee.

Amen.

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